


*Contains nuts

Friendly Fork Daily Menu

February 2023

Day	Date	Meal
Wednesday	1	Brown Sugar Pork Loin, Au Gratin Potatoes, Watermelon Jicama Salad, Apple Cobbler, 1% Milk
Thursday	2	Chicken Salad Sandwich, Vegetable Bean Soup, Peas & Pearl Onions, Orange Slices, 1% Milk
Friday	3	Chicken Parmesan over Penne Pasta, Caesar Salad, Melon/Pineapple/Grape Mix, Chocolate Peanut Butter Brownie*, 1% Milk
Monday	6	Beef Tacos with Cheese, Lettuce, Salsa, and Sour Cream, Mexican Brown Rice, Refried Beans, Fruit Mix, 1% Milk
Tuesday	7	Chicken Noodle Bake, Garlic Roasted Green Beans, Tropical Fruit Mix, Apple Cranberry Crisp, 1% Milk
Wednesday	8	Hearty Beef & Black Bean Chili, Corn Bread with Butter & Honey, Cheesy Cauliflower, Apple, 1% Milk
Thursday	9	Salisbury Steak with Beef Gravy, Mashed Potatoes & Gravy, California Blend Vegetables, Wheat Roll with Butter, 1% Milk
Friday	10	Baked Chicken with Gravy, BBQ Baked Beans, Steamed Sugar Snap Peas, Peach Crisp, 1% Milk
Monday	13	Sloppy Joe, Brussels Sprouts with Side of Malt Vinegar, Roasted Red Potatoes, Carrot/Orange/Mint Salad*, 1% Milk
Tuesday	 14	Herb Crusted Roast Beef with Gravy, Wheat Roll with Butter, Mandarin Orange & Spinach Salad, Mixed Fruit, Raspberry Walnut Coconut Bar*, 1% Milk
Wednesday	15	Spaghetti with Meat Sauce, Wheat Roll with Butter, Roasted Vegetables, Assorted Fruit, 1% Milk
Thursday	16	Chicken Caesar Wrap, Potato Salad, Melon/Pineapple/Grape Mix, Banana Chia Pudding, 1% Milk

Friday	17	Chicken & Dumplings, California Blend Vegetables, Honeydew Melon, Five Layer Dessert Bar*, 1% Milk
Monday	20	CLOSED for President's Day 
Tuesday	21	Beef Enchiladas with Sour Cream, Mexican Brown Rice, Refried Beans, Strawberry Fruit Mix, Cranberry Chocolate Oat Bar, 1% Milk
Wednesday	22	Tuna Casserole, Wheat Roll with Butter, Classic Cole Slaw, Balsamic Roasted Brussels Sprouts, Cranberry Apple Crisp, 1% Milk
Thursday	23	Swedish Meatballs over Rotini Pasta, Wheat Roll with Butter, Peas & Carrots, Cantaloupe, 1% Milk
Friday	24	Lemon Butter Grilled Salmon, Mediterranean Lentil Soup, Broccoli Pasta Salad, Strawberry Shortcake, 1% Milk
Monday	27	Chicken Fried Steak with Cream Gravy, Wheat Roll with Butter, Smashed Red Potatoes & Gravy, Roasted Root Vegetables, Mandarin Oranges, 1% Milk
Tuesday	28	Beef Pot Roast, Macaroni & Cheese, Mixed Vegetables, Orange Slices, Chickpea Blondie, 1% Milk



Nutrition content of meals is reviewed by Friendly Fork Dietitian, Jessi Like at 970-400-6118 jl原因@weld.gov

Detailed nutritional values for the menu, nutrition education and nutrition counseling can also be provided upon request.

Need to order or cancel?

Please call by 11 am the business day prior to the meal by calling to the designated meal site or by calling the Nutrition Hotline at (970)400-6955